



Monthly News

Adults swimming for
fitness, friendship and fun

November/December 2017

All 2017 12 month memberships expire on 31 December

On 31st December 2017 all 12 month memberships expire so club Registrars need to spread the word that their 2018 membership is available and all members will need to re-join before December ends! i.e. RE-JOIN NOW

IMPORTANT NOTICE

Please note: If swimming while unfinancial there is NO insurance cover.



Updating your emergency contacts information

EMERGENCY



INFORMATION

When you re-join online you will be prompted to review your emergency contacts information. Most members do not update any details in the data base and some leave it to their clubs to organise so please take a moment to check your important contact details. Included is "medical

conditions your coach needs to know", this is a voluntary field to be filled in if you wish to do so. **Registrars take note:** every Masters Swimming Australia member agrees to a Safety in Activity statement when they re-join each year, providing they ACTUALLY register themselves! Please don't take on this responsibility yourself but rather encourage and assist members to re-join themselves.

2018 CLUB affiliation fee due by 31 December

The CLUB affiliation payment is due. Affiliation to MSNSW is a three tier scale, clubs with <24 members pay \$50 pa, medium clubs (25-49 members) \$70 and clubs with >50 members \$90 OR early bird discount of \$40, \$60, \$80 if paid **by 31**



December 2017. Those members who pay their membership to your club before the club affiliation is paid are technically not your members until the club is a MSNSW member so pay NOW without delay! If your club Treasurer is planning to go on holidays please ensure payment within the week. 21 NSW Clubs are still to reaffiliate.

Upcoming Board vacancy—Treasurer sought

Stuart Meares will not be standing again for the position of Treasurer on the MSNSW Board at the Annual General Meeting next May. Any financial MSNW member can nominate for this role and Stuart is happy

to discuss duties, advise and mentor the new position holder. President Jane Noake has also flagged her intention to stand down from the Board next year.

Email your interest to admin@mastersswimmingnsw.org.au

2nd claim member process has changed

Second claim members and club Registrars please note the way you get active with your 2nd claim has changed for 2018. Current

second claim members will be notified by Masters Swimming Australia with the details. You will fill in an online form & submit and then follow the reply emails.

This should streamline the process from the administration end and simplify your requests but you MUST be financial with your first-claim club before starting the process.

<https://form.jotform.co/Mastersswimming/msa-2nd-claim-membersh>

Coach of the Year nominations close 31 December

Please consider honouring your tireless coach by putting their name forward for this award. There is new criteria so please read the nomination form as your coach may now be eligible. Recognition is all that many of our volunteer coaches get so put pen to paper. Clubs may consider paying \$10 for a 'non-swimming Coach membership'.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Official of the Year nominations close 24 January

To be eligible for consideration, nominees must be an accredited Masters Swimming Technical Official, have been a current member from 1 January and have made an outstanding contribution in officiating and/or towards the development of officiating at

Club, Branch and/or National level. For example: They attended courses to enhance knowledge and interpretation of rules; or delivered courses to prospective officials; or taken the position of mentor to trainee officials.

<http://www.mastersswimmingnsw.org.au/Downloads/Forms>

Coaches, Technical Officials and Volunteers can join Masters Swimming Australia for **\$10 per year**. In the Membership portal on the home page choose **Non Swimmer** in the State drop down box then NSW in the Club drop down box and follow the prompts. **Congratulations to our clubs that pay this on behalf of their workers, all clubs are encouraged to reward their non-swimming Coaches, Officials and Volunteers** with their own membership.

Pittwater Ocean Swim Series is on again

The Pittwater Ocean Swim Series is on again this summer with the Bilgola ocean swim kicking off the series already.

The Newport Pool to Peak swims are on Sunday 7 January and this time swimmers have a choice of a 400m, 800m and 2000m swims. Avalon is the following Sunday 14 January with 1500m & 1000m swims, Mona Vale 21 January with a 2200m swim & an 800m swim then the BIG Swim—Palm Beach to Whale Beach on Sunday 28 January with the 2800m swim and a 1000m course.

By competing in any three swims swimmers will go into the draw for a trip for two to Byron Bay staying at Bay Royal Luxury Apartments. The trip includes return air flights sponsored by Travel View.

All funds raised by the surf clubs involved goes towards essential surf rescue equipment and upkeep. Entries are available on oceanswims.com

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Annual General Meeting 12 May 2018

The date for the AGM is Saturday 12 May 2018. **Annual Reports and Safety Officer reports** are now coming in, a BIG thank you to those clubs. **Please submit all reports by the 31 December.**



If you are having your clubs AGM please send in your committee form-this can now be completed online. <http://www.mastersswimmingnsw.org.au/Downloads/Forms>

FREE Coach session

Wollongong Masters club got to enjoy a visit from Coach Anne Smyth who put the members through their paces and gave them some positive and creative ideas for their swims, strokes and training. Coaches are available to visit your club and run a session for your adult squad. It is always good to have some variety and learn from other coaches.

If you want a visiting coach please contact Anne Smyth or Jillian Pateman at admin@mastersswimmingnsw.org.au

Time is running out for this limited offer as funding is nearly spent so your club needs to book now or miss out.

Would you like to be a Coach Mentor?

The Office of Sport is again conducting a **Mentor Training course**, Sunday 25 February 930-3.30pm.

Mentoring programs are valuable tools for developing coaches and officials and many sports have successfully implemented mentoring programs for this purpose. But commonly there has been little formal direction or training for mentors to assist them in this role. As a consequence the Australian Sports Commission has designed a course to specifically assist somebody taking on a mentoring role in Coaching or Officiating.

The Mentor Training Course contains units on the following topics

1. How Does Mentoring Work In Sport
2. Know Your Mentee

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3. Setting Up Mentoring Relationships
4. Mentoring in Action
5. Communication Skills For Mentors
6. Managing and Resolving Conflict

<https://sportandrecreation.nsw.gov.au/event/mentor-training-course>

The Hunter Project

Raymond Terrace swim meet on Sunday 14 January is the last of our Hunter Project events for our members to enjoy. This one is going to be a super get-together starting on Saturday evening with a picnic at Riverside Park with an early start the next day. This meet is open to all so bring along prospective new members to encourage

them to join your club. Make a weekend out of it and be sure to sit in on Tony Goodwin's talk on hints & tips for improving breaststroke. As members will know Tony is a multi-World Record holder and recently won the Sport NSW award for Masters Athlete of the Year.

Vale Chris Mobbs

Myall Masters have paid tribute to a wonderful club member, Club Captain, Race Secretary, open-water swim meet organiser, Surf Lifesaver, husband and father when they farewelled gentle and kind Chris Mobbs. For those that

attended the Jimmy's Beach open water swim you will have met Mobbsy on the beach. Chris died after an incredibly short illness that shocked and stunned his fellow club members. He was an absolute legend, our thoughts are with his wife Val.

Coaching corner

Looking for something different and a bit fun to add to your swim sessions over the next few weeks?

ADD SOME OPEN WATER TRAINING DRILLS TO YOUR SESSION!!

With many of our swimmers participating in open water swims it is a good time to introduce some OW skills into swim sessions and it also is a bit of fun!

Search **swimsmooth** on Open Water swim drills like sighting and drafting etc.

<http://www.swimsmooth.com/triathlon.html>

Here are some ideas on using these OW techniques in your swim session. They add variety to your program, are valuable and fun! Even your less able swimmers will enjoy these activities!

In lanes:

- Sighting- swimmers practise lifting head to sight – every few strokes. Aim is just to lift goggles clear and not disturb natural stroke and breathing pattern.
- Dolphin Dive - dolphin dive touching bottom with hands as you would grab the sand, then swim to end of pool when water becomes too deep. Repeat back diving when water becomes shallow.
- Drafting - a challenge for swimmers is to become used to swimming in close proximity to others. For this activity there is no push off the wall. Swimmers stand/tread water. Coach – “Are you ready -Swim “and they start. A leader is chosen each time and the others in lane fall in on either side, behind feet etc and try to stay on the leader. Change leaders each lap. ** The more exuberant squad members really enjoy this!!!
- Drafting – in a pair take turns leading/drafting – at side/feet. Swap after each lap.

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- Drafting – this activity really only works in 50 m pool and when lane is not crowded. Like a cycle peloton: In groups of 3 or 4, lead swimmer takes it out slowly making sure he doesn't lose following swimmers who are drafting behind. The end swimmer then sprints, overtaking the whole group ending up at the front of the line.
- If you are able, have the lane ropes removed and create a zig-zag course for swimmers. You can get creative and make some buoys for the swimmers to go around (or have some people act as one!). Encourage the swimmers to start as a group so as to become used to swimming in a pack.

Wishing you all a very happy Christmas and a great swimming year in 2018. *Coach Anne*

2018 swim meet calendar

The calendar is on the website and hard copies are available. Starting on 14 January with an open-to-all meet at Raymond Terrace then 3 Feb Campbelltown, 10 Feb Merrylands, 17 Feb Myall, 3 March Blacktown and 17/18 March Long Course State Championships in a lead up to the National Championships in Perth in April. Cessnock will be back in 2019.

Commonwealth Games

Armidale Masters member Greg Blanch has been chosen to be a runner carrying the

baton for the Commonwealth Games through Armidale in April. Congratulations Greg!

2018 Pan Pacs 7-10 November 2018

Starting with 1500m freestyle on Day one the Pan Pacific Masters Games at Southport offer the full range of strokes and distances over 4 days of fun filled competition. For the first time Multi-class swimmers are included but need to have their official classification confirmed prior to the event.

<http://mastersgames.com.au/ppmg/sports/swimming/>



Alice Springs Masters Games 13-20 October 2018

Alice AUSSI Masters Swimming Club is proud to once again host the swimming event for the Masters Games. All competition will be held in the 50m outdoor pool and registrations are now open.



**ALICE SPRINGS
Masters Games**
13 - 20 October 2018
The Friendly Games

<https://www.alicespringsmastersgames.com.au/>

Masters Swimming Tasmania

MST has given advance notice of their events for 2018 so if a Tassie holiday is of interest you can book it around these dates:

SC LD Championships	2 June	Launceston
Winter Championships	18/19 August	Launceston
LC LD Championships	24 November	Clarence



What's on a little closer to home?

2018 Postal swims have been listed on the website starting with Wests Auburn's Turtle swim from 1 January. <http://www.mastersswimming.org.au/Events/Postal-Swim-Calendar>

Of the six Australian postal swims listed three are hosted by MSNSW clubs, plan ahead they can be great club activities.

Also, did you know that you can do the **Rottneest Island swim** as a 'virtual' swim? Take a peek at

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their website, it's only 19kms.



Australia Swims is 9 days of water experiences for Australians of all ages, abilities and communities. We'll celebrate the moments that make us better at it, and the moments that just make us feel better. To learn more go to: <https://www.australiaswims.com.au/>

And Save the Date— Saturday 24 March—Copeton Open Water swim, 500m, 1km, 2.5km and 5km

2018 National Championships—Perth 18-21 April

Entries are now open for the 2018 National Championships in Western Australia.

<http://www.mastersswimming.org.au/About-2018-National-Championships1>



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A wealth of merchandise is available online here:

<http://www.mastersswimming.org.au/Events/About-2018-National-Championships/Nationals-Merchandise>

N18 SILVER PACK

For just \$100 you can stay warm and dry!

Hoodie, Cap & Towel (choose from the full range of colours and sizes)



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Volunteer of the Year nominations

This new award is for National level only. Nominations are welcome from Branches who wish to recognise a member who has made a valuable contribution to our sport at the national level in any given year. This could have been as a National Committee Chairperson or member, National Board member, National Director, National Delegate, etc. The form will be found on our website. The MSA Volunteer of the Year will not be selected from Branch award winners nor do they have to be a member of MSA. Nominations to be received by the MSNSW Board by 12 January.



The 100 x 100s is getting closer!!

Put this date in your diary - Thursday, 28th December at 9am at Knox Grammar School – 7 Woodville Ave, Wahroonga Cost \$15 Everyone is welcome at this great annual event Can you think of a better way to shrug off the effects of Christmas pudding and all the trappings? Come along and push the boat out for the New Year.



This is a good way to begin your training for West's Auburn Turtle postal swim!

The next Board meeting is scheduled for Monday 15 January 2018. This meeting is open to any member of Masters Swimming NSW. Please notify the branch office at least two days before the meeting of your intention to join us.

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